



“DON'Ts” for Caregivers

Caring for an elderly adult requires a lot of patience, time, and love. It can also be incredibly stressful. Be sure to take care of yourself, too.

◆ **Don't be a martyr.**

If people ask how they can help, tell them. List ways they can help and let them choose to cook a meal, clean the house, or stay with the elder so you can get needed time away. Consider hiring a home health aide or using an adult day-care center.

◆ **Don't suffer in silence.**

Talk out your frustrations with friends. Talk out conflicts with family members. Write down your thoughts. Join a support group -- get your feelings out!

◆ **Don't neglect your health.**

Get enough sleep. Exercise. Eat healthy foods. Go to the doctor when you're sick or feeling depressed. Get regular check-ups.

◆ **Don't stop doing things that you enjoy.**

Every day, do something that makes you happy. Read part of a book, have a cup of tea, work in the garden, talk to your grandchildren, do a crossword puzzle, invite a friend to lunch. Try to laugh.

For more information, call your local Area Agency on Aging.